

**I CLAIM:**

1. A gripping device for use with a hand of a user and a sporting element comprising:

a body portion having a hollow interior portion adapted to be secured to a shaft of the sporting element;

a thumb receiving member connected to the body portion;

a fingers receiving member connected to the body portion, the fingers receiving member generally opposite the thumb receiving member,

whereby the user could secure a hand to the shaft of the sporting element.

2. The device of claim 1 wherein the body portion is flexible.

3. The device of claim 1 wherein the body portion has a generally cylindrical shape.

4. The device of claim 2 wherein the body portion includes a longitudinally extending opening.

5. The device of claim 4 wherein the fingers receiving member is adapted to extend over and secure two fingers of a user.

6. The device of claim 5 wherein the two fingers are adjacent.

7. The device of claim 5 wherein the two fingers are not adjacent.

8. The device of claim 2 wherein the fingers receiving member defines a fingers receiving loop extending longitudinally along the body portion.

9. The device of claim 4 wherein the thumb receiving member defines a thumb receiving loop extending laterally across the body portion.

10. The device of claim 1 wherein the body portion that is adapted to be secured to the sporting element is a golf club.

11. A gripping device for use with a single hand of a user comprising:

a generally flexible body portion having a longitudinally extending opening and a hollow interior portion;

a laterally extending thumb receiving member connected to the body portion and adapted to extend over and across the thumb of a user;

a longitudinally extending fingers receiving member connected to the body portion, the fingers receiving member generally opposite the thumb receiving portion and adapted to extend over and across the fingers of a user.

12. The device of claim 1 wherein the body portion is flexible.

13. The device of claim 12 wherein the body portion has a generally cylindrical shape.

14. The device of claim 13 wherein the fingers receiving member is adapted to extend over and secure two fingers of a user.

15. The device of claim 14 wherein the two fingers are adjacent.

16. The device of claim 14 wherein the two fingers are not adjacent.

17. A method of enhancing the grip of a user on a sporting element comprising:

providing a gripping device comprising

a body portion having a hollow interior portion;

a thumb receiving member connected to the body portion;

a fingers receiving member connected to the body portion, the fingers receiving member generally opposite the thumb receiving member;

attaching the body portion of the gripping device to a sporting element;

inserting the thumb of a user into the thumb receiving member; and

inserting a finger of a user into the fingers receiving member.

18. The method of claim 17 wherein the body portion is flexible and has a longitudinally extending opening, and wherein the body portion of the gripping device is attached to the sporting element by inserting the sporting element through the longitudinally extending opening, such that the hollow interior portion is around the sporting element.

19. The method of claim 17 wherein the body portion of the gripping device is attached to a golf club.